

**LOCAL RESOURCES** (in an emergency, call 911)

**STATEWIDE AND FEDERAL RESOURCES**

**CALIFORNIA OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (Cal/OSHA)**, a division of the California Department of Industrial Relations: Information on heat illness prevention and an etool.  
..... [www.dir.ca.gov/dosh/etools/08-006/whatis.htm](http://www.dir.ca.gov/dosh/etools/08-006/whatis.htm)

**FEDERAL OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA)**: Information and resources on occupational heat exposure.  
..... [www.osha.gov/SLTC/heatstress](http://www.osha.gov/SLTC/heatstress)

**CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**: Information and resources on extreme heat and your health.  
..... [www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat)

**THE MAYO CLINIC**: Definition, symptoms, causes, risk factors, and more information on heat exhaustion.  
..... [www.mayoclinic.org/diseases-conditions/heat-exhaustion/basics/definition/con-20033366](http://www.mayoclinic.org/diseases-conditions/heat-exhaustion/basics/definition/con-20033366)

**CALIFORNIA OFFICE OF EMERGENCY SERVICES (OES)**: Type **COOLING CENTERS** into the search box to find local cooling centers.  
..... [www.calema.ca.gov](http://www.calema.ca.gov)



CAPITOL OFFICE  
State Capitol, Room xxx  
Sacramento, CA 95814  
TEL 916.651.40xx  
FAX 916.651.49xx

DISTRICT OFFICE  
123 Streetname, Suite x  
Cityname, CA 9xxxx  
TEL 123.456.7890  
FAX 123.456.7890



KEEP COOL IN  
**CALIFORNIA**  
.....  
UNDERSTANDING  
**HEAT ILLNESS**

## CALIFORNIA STATE LEGISLATURE

**Senator Jane Doe**

SENATOR.DOE@SEN.CA.GOV • WWW.SEN.CA.GOV/DOE



Heat conditions in California, during certain times of the year, can be extreme and temperatures can vary between its climate zones: coastal to desert, mountainous to valley. Californians who work, exercise and play in extreme heat should be aware of the danger of the various degrees of heat illness and take precautions to avoid it. Infants, children, the elderly, people with chronic medical conditions, and pets are especially susceptible to California's extreme heat conditions.

One of the ways the California Legislature has responded to the risk of heat illness in the state is to pass legislation addressing California's environmental and personal risk factors for heat illness, specifically, the need for mandated rest or recovery periods for employees to prevent heat illness. In addition, Cal/OSHA has developed a guide to heat illness prevention training that can be found on their website (see the RESOURCES section of this brochure).

To assist you in understanding and preventing heat illness, please refer to the following information and resources.

### WHAT IS HEAT ILLNESS?

The California Code of Regulations, Title 8, §3395(3)(b), defines heat illness as “a serious medical condition resulting from the body's inability to cope with a particular heat load.” And, according to the Centers for Disease Control (CDC), “heat stroke is the most serious heat-related disorder.”

The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions – such as drinking water frequently and resting in the shade or air conditioning – are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke.

*Heat stroke requires immediate medical attention and can result in death.*

### HEAT STROKE SYMPTOMS

Warning signs & symptoms vary but may include:

- » High body temperature (above 103° F)
- » Unusually hot, red, dry or moist skin
- » Rapid and unusually strong pulse
- » Fainting
- » Confusion
- » Seizures
- » Unconsciousness

### HEAT EXHAUSTION SYMPTOMS

- » Heavy sweating and/or headache
- » Dizziness and/or weakness
- » Cold, pale, moist skin
- » Fast, weak pulse
- » Nausea or vomiting

Seek medical care immediately if you or someone you know has symptoms of heat illness.

Most cities offer cooling centers or other air-conditioned shelters during times of extreme heat.

### HEAT ILLNESS TIPS

**PEOPLE WITH A CHRONIC MEDICAL CONDITION** ARE LESS LIKELY TO SENSE AND RESPOND TO CHANGES IN TEMPERATURE. THEY MAY ALSO BE TAKING MEDICATIONS THAT CAN INTENSIFY THE EFFECTS OF EXTREME HEAT. (CHECK WITH LOCAL UTILITY COMPANIES ABOUT DISCOUNTS FOR THOSE WITH A MEDICAL CONDITION.)

NEVER LEAVE **INFANTS, CHILDREN OR PETS** IN A PARKED CAR.

DURING AN EXTREME HEAT EVENT, CHECK ON **AT-RISK NEIGHBORS, FAMILY AND FRIENDS**. STAY INDOORS AND OUT OF THE SUN AS MUCH AS POSSIBLE.

**ATHLETES AND PEOPLE WHO WORK OUTDOORS** IN EXTREME HEAT ARE MORE LIKELY TO BECOME DEHYDRATED AND ARE MORE LIKELY TO GET HEAT ILLNESS.

WEAR AND REAPPLY **SUNSCREEN** AS DIRECTED.

LIMIT **OUTDOOR ACTIVITY**, ESPECIALLY MIDDAY WHEN IT IS THE HOTTEST PART OF THE DAY.

SCHEDULE **WORKOUTS AND PRACTICES** EARLIER OR LATER IN THE DAY TO AVOID MIDDAY HEAT. WEAR LOOSE-FITTING, LIGHT-COLORED CLOTHING.

START **ACTIVITIES** SLOWLY AND PICK UP THE PACE GRADUALLY.

DRINK TWO TO FOUR 8-OZ GLASSES OF **WATER** EVERY HOUR WHILE EXERCISING. MUSCLE CRAMPING MAY BE AN EARLY SIGN OF HEAT ILLNESS. AVOID ALCOHOL OR LIQUIDS THAT CONTAIN A LOT OF SUGAR.